



# menu review

Public Health Seattle King County's food establishment newsletter

2011

## Greetings!

In King County, there are more than 10,500 permitted establishments that we inspect every year. Inspections help assure your food purchasing, storage, preparation and service are done safely. Food safety continues to gain public attention with nationwide recalls of such things as eggs, cheese, and salad mixes, in addition to stories of food borne illness outbreaks.

The good news is, the Center for Science in the Public Interest just named Washington one of the top seven states in the nation for investigating food borne illness outbreaks. In 2010, the Environmental Health Division of Public Health – Seattle & King County conducted 89 investigations into possible food borne illness outbreaks.

In this newsletter, we discuss how to protect your business from norovirus, *Listeria* in Queso Fresco, and from phony health inspectors. We announce a new way to get your food worker card that will start this year, proposed changes to the Food Code, and more.

## Washington Food Code revision is in full gear

In February 2010, the Washington State Department of Health began the process of revising the Washington State Food Code. The new Washington State Food Code will incorporate the 2009 version of the Food and Drug Administration (FDA) Model Food Code.

A core Stakeholder Work Group was convened to review the code, and propose changes to it. The Stakeholder Workgroup includes representatives from local health departments, other regulatory groups, school districts, the Washington Restaurant Association, grocery stores, consumer advocates and other consumer groups. Some of the changes proposed to date are:

- Incorporating the 2009 FDA code to keep current with national food safety standards
- Clarifying some of the more confusing sections of the code
- Adding cut leafy greens and sliced tomatoes as potentially hazardous foods
- Adding a new food safety section for facilities serving children 4 hours a day or less that provide snacks and/or meals
- Changing the hot holding temperature from 140°F to 135°F

The updated rule is expected to become effective in the spring of 2012. You can review the revision process on the Department of Health web site at <http://www.doh.wa.gov/ehp/food/rulerevision.htm>. The current Washington State food code, the Washington State Retail Food Working Document and code clarifications can be found at [www.doh.wa.gov/ehp/food/rule.html](http://www.doh.wa.gov/ehp/food/rule.html).



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# King County's Nutrition Labeling Regulation Aligns with Federal Statute for Chain Restaurants

The King County Board of Health (BOH) voted to align the former King County Nutrition Labeling regulation with the new Federal statute and provide a transition period until the Food and Drug Administration (FDA) completes the rulemaking process. It's anticipated the rulemaking process will take up to 3 years. Chain restaurants in King County continue to be defined as those having "fifteen or more locations doing business under the same name, regardless of the type of ownership of the locations, and offering for sale substantially the same menu items."

## King County's alignment with the Federal nutrition labeling regulation

In May, 2010, King County's BOH amended its nutrition labeling regulation to align with the Federal nutrition labeling regulation.

## King County's amended regulation has 3 basic requirements for chain restaurants:

- **Calories** must be posted on the menu, menu board and drive thru menu board, next to each standard menu item.
- **A dietary statement** must be posted prominently on all menus, menu boards and drive thru menu boards and include the suggested daily caloric intake of 2000 calories a day for a typical adult. You may use the statement noted in the regulation which includes the recommended saturated fat and salt guidelines as well: "The Dietary Guidelines for Americans recommend limiting saturated fat to 20 grams and sodium to 2,300 milligrams for a typical adult eating 2,000 calories a day. Recommended limits may be higher or lower depending upon the calorie consumption."

The dietary statement is a guide to help people understand the suggested daily caloric intake for a typical adult, and to use that information when choosing what to order.



- **Additional nutrition information** must be available to customers in written form in the establishment. There are 8 required nutrients: total fat, saturated fat, cholesterol, sodium, total

The menu board displays nutritional information for various items, including appetizers, soups, salads, entree salads, and signature selections. Each item is listed with its name, calories, and other nutritional values.

Item	Calories	Saturated Fat (g)	Sodium (mg)	Carb (g)
<b>APPETIZERS</b>				
Butter Garlic Cheese Bread	1410	45	2720	120
Butter Roasted Onions	270	12	1120	15
Onion Tater-tots	430	15	1120	15
Bread & Butter (one loaf)	1200	35	1120	120
<b>SOUPS</b>				
Cream of Broccoli	240	8	1010	10
Chicken Noodle Soup	260	8	2410	21
Clam Chowder Soup	270	15	1210	19
Mediterranean Soup	400	15	660	10
<b>SALADS</b>				
House Salad-Cheesy Pesto	280	1.5	290	15
House Salad-Balsamic	120	1.5	290	15
House Salad-Fr. Honey Mustard	230	2	560	16
House Salad-1000 Island	280	3.5	450	13
House Salad-Blue Cheese	280	3.5	450	13
<b>ENTREE SALADS</b>				
BLT Salad	1000	21	2490	23
Chicken Caesar Salad	990	18	2410	30
<b>SIGNATURE SELECTIONS</b>				
Spaghetti Vesuvius	720	8	710	105
Meatloaf Italian Style	1180	32	1590	83
Lasagna Vegetariano	830	25	1920	68
Jumbo Crab Ravioli	810	24	920	73
Chicken Penne	900	17	1700	113
Baked Chicken	1030	20	2220	71

The nutritional data are only estimated values of nutritional content. Actual nutritional values may vary from these estimates based on a number of factors.

carbohydrates, sugars, dietary fiber, and total protein for each serving size or unit of measure. Chains must post a prominent, clear, and conspicuous statement regarding the availability of this additional nutritional information on the menu, menu board, and drive-through menu board.

## King County's amended regulation does NOT apply to:

- Items that are not listed on a menu or menu board, such as condiments or other items placed on the table or counter for general use;
- Daily specials, temporary menu items appearing on the menu for fewer than 60 days per calendar year or custom orders;
- Any other food that is part of a customary market test and on the menu for fewer than 90 days.

**Transition period in King County:** The transition period allows you to continue providing menu labeling as described in the original BOH 5.10.015 and 5.10.022 while preparing to comply with the new requirements. This transition period will end the day implementation of the FDA regulation becomes effective. That date has not yet been set.

To better understand and implement the amended regulation during the transitional period, please visit our web site to view a checklist of approved options. Follow the "Trans fat and nutrition labeling" link on the right side of the page at [www.kingcounty.gov/health/foodsafety](http://www.kingcounty.gov/health/foodsafety).

For any questions, please contact us at: [MLandTF@kingcounty.gov](mailto:MLandTF@kingcounty.gov) or call 206-205-3349.

# Norovirus

The scourge of cruise ships and restaurants alike!

Norovirus is one of the most common causes of food borne illness outbreaks. In fact, over half of all food borne illness in the United States is caused by norovirus. Here in King County, we investigate a number of outbreaks from food establishments every year. In addition to customers who have become ill, we usually find members of the staff who are or have been ill as well. Since each ill food worker could contaminate food and utensils, having several ill workers multiplies the risk of making your customers ill too.

**Symptoms:** Norovirus often has a sudden onset of nausea and vomiting and/or watery diarrhea with cramps. Symptoms typically last 1 to 3 days.



## 3 things you can do to prevent the spread of Norovirus.

- (1) Make sure your **staff washes their hands** thoroughly and often, especially after using the restroom;
- (2) **Use barriers** such as utensils and gloves to prevent bare-hand contact with ready to eat foods; and
- (3) **Do not allow** foodworkers suffering from vomiting and/or diarrhea to handle food or utensils.

If you have an ill worker, please call your inspector to discuss whether there are safe, non-food handling jobs they can do. If you suspect a food borne illness outbreak, call us at 206-296-4774.

## Homemade

### Mexican-style cheese

Be on the lookout for cheese from an unapproved source. Again in 2010, the Mexican-style cheese called **Queso Fresco** was linked to a number of serious illnesses caused by a bacterium called *Listeria monocytogenes*. The traditional Queso Fresco is made from raw milk, which can be contaminated with *Listeria* and other types of germs. *Listeria* is particularly dangerous to pregnant women and people with weakened immune systems, like those being treated for cancer or who have HIV/AIDS. *Listeria* has been known to cause miscarriage, serious intestinal illnesses and even death.

To help ensure your customers don't get sick, get all of the foods you prepare and serve from sources that are licensed and permitted.

### Phone Scam: Fake "inspectors" targeting restaurants

Operators of some restaurants in King County and around the country have received telephone calls from someone falsely claiming to be a health inspector.



The phony inspector claims to want to arrange a food inspection at the restaurant. Sometimes the caller asks for phone numbers and other proprietary business information.

The police advise never giving personal or business identification information over the phone unless you are certain about who the caller is. You should also know, Public Health inspectors are not authorized to accept payments so beware of potential fraud if someone claiming to be an inspector asks for a direct payment.

If you do get a suspicious call or visit, call police, and also report it to the Federal Trade Commission at 877-382-4357, or online at <http://www.ftc.gov/bcp/edu/microsites/phonefraud/index.shtml>.

If you are uncertain whether a call was from Public Health and your restaurant is in King County, please call us at 206-296-4632.

# New Food Worker Card Schedule

As you know, all food workers must have a current food worker permit in order to work. To get your first permit or to renew the one you have, you must attend a food safety class and pass the test.



**Permits cost \$10, and you must have CASH.**

## NEW Food Worker Card Class Schedule:

### **Mondays, Wednesdays, & Thursdays**

All classes are held at **9:30 AM, 1:00 PM & 4:00 PM**  
NO CLASSES ON FRIDAYS AND HOLIDAYS

#### **Downtown Seattle**

Park Place Building  
1200 6th Avenue, 4th floor 98101

### **Tuesdays**

All classes are held at **9:30 AM, 1:00 PM & 4:00 PM**  
NO CLASSES ON FRIDAYS AND HOLIDAYS

#### **Renton**

Imperial Bingo Connection  
3100 E. Valley Road 98057

Study materials for the class are available in many languages. You can find the study materials along with further details about the classes on the Public Health web site listed below.

For more information, visit the food worker web site at [www.kingcounty.gov/health/foodworker](http://www.kingcounty.gov/health/foodworker). If you have questions, please email us by using the form online at <http://info.kingcounty.gov/about/contact/default.aspx>.

## Coming Soon!

Sometime this Spring, the food worker card class and test will go online. You will be able to study, take the class and test, then, after passing the test, get your food card online. We will let you know as soon as it's available. Classes will still be available in a classroom setting for those who prefer it.

## Public Health Seattle & King County



### Food program office location change

Should you need to come into the office, the following two locations have staff to assist you:

#### **BLACK RIVER**

900 Oakesdale Ave., SW, Suite 100  
Renton, WA 98057 206-296-9791

#### **DOWNTOWN SEATTLE**

401 5th Avenue, Suite 1100  
Seattle, WA 98104 206-296-4632

The Eastgate office no longer has reception staff to assist you.

For further information on food safety, regulations, and food worker cards, visit the food safety home web page at <http://www.kingcounty.gov/health/foodsafety>

For further information on nutrition labeling and/or trans fat: [www.kingcounty.gov/health/healthyeating](http://www.kingcounty.gov/health/healthyeating) or call 206-205-3349.

